

Good Times Senior

Volume

14



Celebrating July

Blueberries Month

Grilling Month

Be Nice to New Jersey Week

July 2–8

Independence Day (U.S.)

July 4

Veteran's Resource & Recognition Day

July 10

Scrabble Week

July 22–27

Merry-Go-Round Day

July 25

Christmas in July Picnic

July 26

International Day of Friendship

July 30

Anything but Conventional

It's the ultimate event for any fan of comics and entertainment, costume parties and celebrity sightings: July 19–23 is 2017's Comic-Con International. This fan convention is the biggest of its kind in the world, and in many ways the fans provide the biggest show. People are encouraged to show up wearing elaborate costumes of their favorite comic book, television, film, or book characters. You'll likely see the Incredible Hulk mingling with Jedi Knights, Harry Potter, and characters from the sitcom *The Big Bang Theory*.

This eclectic mix is Comic-Con's signature achievement, bringing fans of all ages and interests together to “geek out” over their favorite popular entertainment.

Self-described “geeks” have been flocking to San Diego for Comic-Con since 1970, when Shel Dorf, Richard Alf, Ken Krueger, Marvin Nelson, Mike Towry, Barry Alphonso, Bob Sourk, and Greg Bear founded the Golden State Comic Book Convention. The original event drew only 300 people, but it was a mecca for all things comic related. Over the years, the scope of the production grew along with the size of the convention crowds. While comic books still take center stage, the convention also features science fiction and fantasy film and television, video games, collectible card games, and cartoons. The spectacle of the convention now draws crowds as large as 167,000.

Attendees don't just come to admire each other's costumes; they attend seminars and panels featuring their favorite writers and artists. Comic book professionals offer hands-on workshops. Scholars present critical studies of the effect of comics on culture. Video game and entertainment companies show sneak previews of upcoming projects, often accompanied by big-name celebrities. Evenings feature awards ceremonies and a masquerade ball. For anyone interested in comic culture, Comic-Con is the event of the year, where attendees go “to see and be seen” in the getups of their favorite characters.

Monday	Tuesday	Wednesday	Thursday	Friday
3 Cheeseburger on Bun Baked Beans Pepper Slaw Watermelon Lettuce and Tomato Pie	4 Closed for Independence Day	5 Hot Turkey w/ Gravy Parslied Mashed Potatoes Seasoned Green Beans Applesauce Wheat Bread	6 Salisbury Pepper Steak Brown Rice Pilaf Steamed Carrots Amish Bean Salad Plum Halves Wheat Bread	7 Creamy Cordon Bleu Casserole Lemon Parsley Orzo Pasta Cucumber Vinaigrette Salad Diced Pears Whole Wheat Bread
10 BBQ Pulled Pork Sandwich Roll Multi Bean Salad Fresh Cole Slaw Mandarin Oranges	11 Baked Chicken Calvados Wild Rice Wheat Bread Seasoned Spinach Fruit Cocktail	12 Meatloaf w/Tomato Gravy Mashed Potatoes Seasoned Green Beans Diced Peaches Whole Grain Dinner Roll	13 Baked Ham Slice Peas & Carrots Cut Sweet Potatoes Wheat Bread Apricot Halves	14 Turkey Stew with Peas & Carrots Brown Rice Pilaf 3 Bean Salad Dinner Roll Mandarin Oranges
17 Roast Beef Eye Round w/Sauce Chasseur Seasoned Red Potato Cucumber & Tomato Salad Cinnamon Applesauce Whole Wheat Bread	18 Cold Cut Meat Provolone Cheese Club Roll Lettuce and Tomato Potato Salad Cole Slaw Fruit Cocktail	19 Cheeseburger on a Roll Lettuce and Tomato Seasoned Spinach Fresh Coleslaw Chilled Pineapple	20 Poppy Seed Chicken Rice Pilaf Stewed Tomatoes Apricot Halves Whole Grain Dinner Roll	21 Beef Stroganoff Whole Grain Buttered Noodles Seasoned Wax Beans Mandarin Oranges Wheat Bread
24 Rosemary Pork Loin Peas & Pearl Onions Sweet Potatoes Greek Style Salad w/ Feta Cinnamon Apples Whole Wheat Roll	25 Meatball Sub Shredded Cheese Club Roll Steamed Baby Carrots Multi Bean Salad Chilled Peaches	26 Christmas in July in Brunswick	27 Closed for staff training	28 Chicken Breast Marsala Brown Rice Pilaf Stewed Tomatoes Wheat Bread Pineapple Tidbits

JULY 2017

Please call the senior center coordinator or meal Manager 48 hours in advance to reserve a meal.

~Menus subject to change~

~Milk and Juice are served with every meal~

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>  <h1>July 2017</h1> <h2>Brunswick Senior Center</h2> </div>						
2 Celebrating Birthdays Butch H 6 Riley K 13 Gary R 14 Ann H 30	3 CENTER CLOSED	4 CENTER & County Offices CLOSED <small>Independence Day</small>	5 10:00 Card games 11:00 Program w/Joy 12:45 Bingo	6 9:00 Strength Tr. 10:00 Card games 10:30 Wii 11:00 Library 1:00 Local shopping	7 10:00 Games 11:00 Chair YOGA 1:00 Groceries for Seniors	1  Canada Day
9 Attention Veterans Monday July 10 th is Veteran Recognition & Resource Day at the Frederick Senior Center. 9:00 – 2:00 Special activities & speakers 	10 Special Program at FSC Music with Chuck Fisher	11 9:00 Strength Tr 10:00 Card games 10:30 Wii 11:00 Craft w/Sue 1:00 Puzzle 5:00 Card Party	12 10:00 Card games 10:30 Nurse Steve Blood Pressure Educare students visiting for the day 12:45 Bingo	13 9:00 Strength Tr 10:00 Card games 10:30 Wii 11:00 Library 1:00 Local shopping	14 10:00 Information & Assistance w/Elly 11:00 Lunch at the Park & Games 11:00 Chair YOGA	15 Room & Shoe House July 21 – Great Falls & C & O Canal For reservations or more details about trips please see trip flyer or call for more details 301-600-1605 Reservations can now be made online at http://frederickcountymd.gov.3dcartstores.com/
16	17 CENTER CLOSED	18 9:00 Strength Tr 10:00 Card games 10:30 Wii 1:00 "Smile Week" Floral craft 5:00 Bingo	19 9:00 Coffee & Snack 10:00 Bingo 11:30 Lunch Out with Friends	20 9:00 Strength Tr 10:00 Card games 10:30 Wii 11:00 Library 1:00 Local shopping	21 10:00 Games 11:00 Chair YOGA 1:00 Ice Cream	22
23	24 CENTER CLOSED	25 9:00 Strength Tr 10:00 Card game 10:30 Wii 1:00 Puzzle 5:00 Card Party	26 Center Closed for Brunswick PICNIC	27 Center Closed for Staff Training	28 10:00 – 2:00 Ceramic Painting at FSC (Fee for project) 11:00 Chair YOGA	29
30 <i>Brunswick Senior Center</i> "Where the finest people meet"	31 CENTER CLOSED	Join us for our Annual Summer Picnic Wednesday July 26, 2017 "Christmas in July" Please call for reservations or more details.				
Brunswick Senior Center			12 East "A" Street	301-834-8115	email:brunswickseniorcenter@frederickcountymd.gov	



Beach Bombshell

At the turn of the 20th century, female beachgoers took great pains to show modesty and cover

themselves up. They wore long beach gowns fitted with weights at the hems to keep the billowing edges underwater. When French designers first introduced the bikini to the world on July 5, 1946, scandal erupted across the beaches of the Riviera.

The concept of the bikini was designed in France during the first war-free summer after the end of World War II. With Europe liberated, designers strove to liberate beach fashion. Designer Jacques Heim conceived his scandalous “atom,” which he billed as “the world’s smallest bathing suit.” However, it is Louis Réard who cleverly dubbed his suit the *bikini*, after the infamous Bikini Atoll, the Pacific island site where America conducted its test of the atomic bomb. In a time when gorgeous women were referred to as “bombshells,” Réard wanted his skimpy new bathing suit design to explode the world of fashion. And explode it did. Models refused to wear it. Réard was forced to employ the services of Micheline Bernardini, an exotic dancer from the Casino de Paris. It was Bernardini who modeled the first bikini on July 5, 1946, at the Piscine Molitor. Over the next few years, the bikini became the trendy new look along the French Riviera, although Spain and Italy banned it from their beaches. America took an even harder line, formally charging women with indecency if they dared to wear the revealing suits in public.

As the '50s wore on and families began their push into the suburbs, owning homes with private pools, women began to test bikinis in their own backyards. By the '60s, spurred on by popular culture icons like Annette Funicello, the Beach Boys, and James Bond, the bikini had become both fashionable and a mode of liberation for women. While today the bikini may not be the bombshell it once was, it still holds more than a small note of scandal.

Emojis for Everyone



If penned letters have become obsolete thanks to e-mail, will using words to send text messages become obsolete thanks to emoji? These playful little pictures, sent in place of words via messaging, are the current trend in digital communication. Enjoy this crash course in emojis in preparation for World Emoji Day on July 17.

The word *emoji* is a combination of two Japanese words: *e*, for “picture,” and *moji*, for “character.” This term existed long before cellular phones. During Japan’s Edo period, emoji were used to teach prayers to those who could not read and write.

The first modern emoji were developed in 1999 by Shigetaku Kurita, a young engineer at a Japanese telephone company. Kurita was charged with the task of creating a set of pictures that could be sent on what were the first Internet-connected mobile devices. The screens on these devices were very cheap and could display only a limited number of characters, making it difficult to send accurate messages using only words. Pictures could greatly enhance the phone’s ability to communicate. Kurita developed an original set of 176 icons, including a sun, a cloud, an umbrella for the weather, a martini glass for a bar, a lightbulb for a good idea, a bathroom sign, a “no smoking” sign, and a red circle with three lines for “hot spring.” All of these symbols were created with a mere grid of 12X12 pixels. These original emoji may look as foreign as Egyptian hieroglyphics today.

Today there are almost 2,000 different emojis available on cell phones and social media sites like Twitter and Facebook. Why are they so beloved? Because they put personality on a message. Scientists explain that people react to emoji the same way they react to a human face—with empathy. In this way, it seems we are hardwired for emoji. On World Emoji Day, celebrate the power of the emoji by sending your favorite icon, whether it is a yellow smiley face, heart, unicorn, or thumbs-up.

Hot Diggity Dog



Estimates suggest that over seven billion hot dogs are eaten between Memorial Day and Labor Day, with prime hot dog eating taking place smack dab in the middle of summer. No wonder July has been declared Hot Dog Month.

The hot dog may be more American than apple pie, but its origins are distinctly German and Austrian, hence the names *frankfurter*, after the German city of Frankfurt, and *weiner*, for the Austrian city of Vienna. Immigrant butchers from these two countries made their own sausages, and vendors hawked the meats from carts along busy city sidewalks. When exactly did the term *hot dog* replace *frankfurter* and *weiner*? No one knows for sure. According to some reports, it was common slang for college students to use the term *dog* to describe sausage meat of uncertain origin. It was less than complimentary to call a hot sausage a *hot dog*, but the name stuck.

When exactly did the hot dog become America's iconic food, synonymous with summer, baseball games, and the everyman? Historians look to Coney Island, the so-called "working man's Riviera," for the answer. At the turn of the 20th century, Coney Island had it all: a racetrack, the beach, amusement parks, music, glittering lights... and Nathan Handwerker. A Polish immigrant, Handwerker saved up enough money to open his own hot dog stand. When a newly constructed subway increased traffic to Coney Island, Handwerker was ready to cater to the thousands of visitors with his low-cost hot dogs. His stand, *Nathan's*, sold 50,000 dogs each day and grew into a massive hot dog empire. The hot dog is such an icon of American culinary history that different parts of the country lay claim to unique dogs, but the Chicago dog reigns supreme: an all-beef dog topped with minced raw onion, relish, pickled peppers, a spear of pickle, sliced tomatoes, celery salt, and yellow mustard on a poppy seed bun. This July, no matter how you eat it, take a bite of an American tradition

Underwater Music



Head south to the Florida Keys on July 7–8 for the annual Underwater Music Festival. Hundreds of boats converge at Looe Key for a sub-sea concert—the only one of its kind in the world. The lone living coral barrier reef in the United States is located there, and it is protected as part of the Florida Keys National Marine Sanctuary. Attendees dress in costume and lug their instruments to the sandy seafloor for a jam session, although the real music is piped underwater from boats at the surface via specially designed underwater speakers. While the concert is held in the name of big fun, the real takeaway is an appreciation of the Keys' precious marine reefs. The bizarre event is designed to make lasting impressions of the reef and impart eco-sensitive diving practices.



The Sound of Silence

July 10 is a holiday that does not require any hullabaloo or merrymaking, for it is Silence Day. On July 10, 1925, the Indian spiritual leader Meher

Baba began his 45-year-long vow of silence. On this day, we are challenged to maintain 24 hours of silence. Meher Baba believed that humankind had become deaf to God's teachings of humility, purity, and truth. His life of silence was a powerful reminder to all to remember God's teachings. Meher Baba himself believed that he was the Avatar, or God in human form. He practiced his spirituality by silently praying, fasting, and working with lepers, the poor, and the mentally ill. Meher Baba, through silence, left a loud and clear message about the importance of goodwill and peace toward all.

If your income is below \$1,437*/month and one or more of these statements were TRUE for you in the last month...

1. The food I bought just didn't last and I didn't have money to buy more.
2. I couldn't afford to eat nutritious or balanced meals.
3. I cut the size of my meals to stretch my groceries.
4. I skipped meals because I couldn't afford to buy food.
5. I sometimes ate less food than I should because I didn't have enough.
6. I was hungry but didn't eat because I couldn't afford to buy food.

...Then you are eligible for

Groceries for Seniors

(A monthly free distribution of canned goods, shelf stable products and seasonal produce when available)



Friday, July 7, 2017

1pm

Frederick Senior Center
Drive-Thru

please bring photo id to register

1440 Taney Avenue, Frederick, MD
www.FrederickCountyMD.gov/Aging
or 301.600.3523 for info

***For one person household. Add \$503/person for each additional household member.**



A Partnership of Frederick County Department of Aging, Western Maryland Food Bank and Seed of Life, Inc.



Ceramic Paint Party

Friday, July 28, 2017
10:00 a.m. – 2:00 p.m.

Come paint with us!
This is a paint-and-take activity!

Cost: \$10 per person: includes lunch,
one small ceramic piece, paint & supplies

Additional larger ceramic pieces will be
available for purchase on the day of the event
(\$5 or less – cash only)

Lunch Menu: Tuna Salad, Potato Salad, 3-Bean
Salad, Mandarin Oranges, Cookies, Juice

Event will be at the Frederick Senior Center
1440 Taney Avenue, Frederick, MD 21702

Registration details:

Registration and payment due by Wednesday, July 19

Registrations will not be accepted without payment

Registrations may be made at any of the Frederick County Senior Centers or
online: <http://frederickcountymd-gov.3dcartstores.com/>

Check with your senior center about transportation

Brunswick Center 301-834-8115
Emmitsburg Center 301-600-6350

Frederick Center 301-600-3525
Urbana Center 301-600-7020

Veterans Recognition & Resource Day



Monday, July 10, 2017

9:00am—2:00pm

Frederick Senior Center

Luncheon remarks by The Honorable Scott L. Rolle

- 9.00am** Opening Ceremony with local officials
9a-12n Meet representatives of area Agencies and Organizations serving veterans
MOBILE VET CENTER
On-site assistance with applications available.
Living history and memorabilia exhibits
- 12:00n** Lunch is served. Pulled Pork BBQ Sandwich platter. Vegetarian or pulled chicken entrée available upon request at time of reservation.
- 12.30pm** Recognition of attendees' service to our country, Introduction of Guests, and Remarks by **The Honorable Scott L. Rolle**
- 1.30pm** Musical entertainment by **Chuck Fisher**
Entertainment Sponsored by **Tim Hawk Home Care Assistance**



Lunch reservations by 7.05.17

301.600.1048 or
dayers@frederickcountymd.gov or
<http://frederickcountymd-gov.3dcartstores.com/>

A suggested contribution of \$5/meal is requested.

Frederick Senior Center
1440 Taney Avenue
Frederick, MD 21702

**In collaboration with the Frederick County
Community Veteran Engagement Board**

www.FrederickCountyMD.gov/Aging
301.600.1605

FREDERICK COUNTY
**Department
of Aging**

Brunswick Senior Center
Annual Summer Picnic



Christmas In July

Wednesday July 26, 2017
10:30 – 2:00

Meet Mrs. Claus & get your photo taken with Santa

Musical entertainment by: "The Sisters of Joy"

Show your spirit, wear Christmas sweater/t-shirt/shorts, etc.
and get your name in for special drawing.

Door Prizes

Brunswick Eagles Club

401 Central Avenue

Brunswick, MD 21716

Reservations due by Thursday July 20, 2017. Please contact a senior center near you, for more information please call 301-834-8115

Menu: Fried Chicken, Scalloped Potatoes, Green Beans, Dinner roll, Cupcake, ice cream and beverages. . (\$5.00 suggested lunch contribution)



United States Department of Agriculture



MyPlate
MyWins

Enjoying local foods

Enjoy local foods and flavors as part of your healthy eating style.
Choose foods from local farms or grow your own garden.



Try something new

Find fruit and veggies that aren't in a grocery store at a farm stand or farmers market. Challenge yourself with a new ingredient.



Ask for tips

Not sure how to prepare it? Farmers know delicious ways to use their products and are a great resource for food prep tips and recipes.



Grow your own food

Get the family involved with gardening. Start small with a window herb box or plant fruits and vegetables in a container or the yard.



Visit a farm

Go with friends or family to a "pick-your-own" farm or orchard. Get active while learning where your food comes from.



Get it delivered

Short on time? Produce delivery services can be found in most States. Sign up to get farm-fresh ingredients delivered to your door.



List more tips

This publication is a resource produced and distributed by the Frederick County Department of Aging.

For additional information about this or other programs and services, visit the website at www.FrederickCountyMD.gov/Aging or contact the FCDa at

1440 Taney Avenue, Frederick, MD 21702, phone 301.600.1605, or email DeptOfAging@FrederickCountyMD.gov.

July is Blueberry month....

Blueberry Bread

Ingredients:

- Cooking spray
- 1/2 cup salted butter, room temperature
- 1 cup sugar
- 2 eggs
- 1 tablespoon vanilla extract
- 1 cup milk
- 2 cups flour
- 2 teaspoons baking powder
- 2 cups blueberries (fresh or frozen)



Directions

1. Preheat oven to 350°F. Spray a standard-size loaf pan with cooking spray.
2. Whip butter and sugar together in a medium bowl. Beat in eggs, vanilla, and milk.
3. Add flour and baking powder, stirring to combine. Stir in blueberries.
4. Pour batter into prepared loaf pan.
5. Bake 60–75 minutes. Allow to cool slightly before cutting and serving.

Makes 8 servings

To make a recipe card, print on card stock paper. Cut out along dotted lines. Glue the front and back of the card together.

You Do the Math

When the whole country celebrates, the numbers are bound to be interesting. How many of these fascinating Fourth of July figures can you guess?

1. How many signatures appear on the Declaration of Independence?

A: Although Thomas Jefferson actually wrote most of the Declaration, there were 56 signers in total.

2. When did the last signer of the Declaration of Independence die?

A: Representative from Maryland Charles Carroll died in 1832 at the age of 95.

3. How many U.S. presidents died on the Fourth of July?

A: Three. John Adams, the second president, and third president Thomas Jefferson both died on July 4, 1826. James Monroe, the fifth president, died on July 4, 1831.

4. How many people were living in the United States in 1776?

A: The estimated population at the time was 2.5 million people.

5. What was the total U.S. population on July 4, 2014?

A: About 318.4 million.

6. From what country does the United States import most of its fireworks?

A: China.

7. What country buys the most fireworks from the United States?

A: Israel.

8. About how much money does the United States spend on imported U.S. flags?

A: \$4 million.

9. Where do most of these imported flags come from?

A: China.

10. How many places in the United States contain the word *liberty* in their names?

A: Fifty-nine places.

Celebrating with a Song

From the celebrated Boston Pops concert to the marches played by your hometown high school band in the local parade, Independence Day means music. Patriotic songs lead the playlist, with classics like “The Star-Spangled Banner,” “You’re a Grand Old Flag,” “America the Beautiful,” “God Bless America,” “America (My Country ’Tis of Thee),” and “Stars and Stripes Forever.” But don’t forget about some more current tunes that speak to the American heart, like “This Land Is Your Land,” “Blowin’ in the Wind,” “Song of the Patriot,” and “On the 4th of July.”

Do You Know the Words?

Can you match the names of these patriotic songs to the lyrics below?

A. “America the Beautiful”

B. “God Bless America”

C. “The Star-Spangled Banner”

D. “America (My Country ’Tis of Thee)”

E. “You’re a Grand Old Flag”

1. Whose broad stripes and bright stars thru the perilous fight
O’er the ramparts we watched were so gallantly streaming

2. America! America! God shed his grace on thee,
And crown thy good with brotherhood
From sea to shining sea.

3. Land where my fathers died!
Land of the Pilgrims’ pride!
From ev’ry mountain side,
Let freedom ring!

4. You’re the emblem of
The land I love.

The home of the free and the brave!

5. From the mountains, to the prairies,
To the oceans white with foam.

Foam Ball Fitness

Exercise props, such as bands, balls, and scarves, can make exercising fun. Here is how you can exercise from head to toe with foam balls.

Setup:

- Purchase a variety of foam balls at sporting goods stores, large retail stores, or even some office supply stores carry them. The balls come in a variety of sizes, but we recommend the smaller sizes (3"–5"). If you don't want to purchase foam exercise balls, toy sponge balls will work, although they don't provide as much resistance.
- Do the exercises below from a seated position. Use armless chairs and arrange the chairs in a circle, leaving plenty of arm room.

The Exercises

Repeat each exercise five or six times.

Throwing and Catching

1. Toss the ball in the air with both hands and catch it with both hands. Try tossing it higher and higher.
2. Toss the ball in the air with one hand and catch it with the same hand. Switch to the other hand.
3. Toss the ball in the air with one hand and catch it with the other hand. Switch hands.
4. Play catch with the person sitting next to you.

Rolling

1. Roll the ball down one leg and back up the other leg with your fingertips.
2. Roll the ball up one arm and back down. Switch to the other arm.
3. Let the ball roll down your outstretched legs and stop it by flexing your toes.
4. With your feet together, bend over and place the ball on the floor. Using your fingertips, roll the ball around your feet. Reverse the direction.
5. Place the ball under one foot and roll it back and forth on the floor. Switch to the other foot.
6. Place the ball behind your back and against the back of the chair. Lean back and roll the ball from side to side, keeping the ball between your back and the back of the chair.



Passing

1. Sit forward in your chair and pass the ball from hand to hand behind your back.
2. Pass the ball from hand to hand behind your neck.
3. Sitting up straight in your chair, lift your right knee and pass the ball under your leg. Then pass the ball under your left knee.
4. Pass your ball to the person on your right and take the ball from the person on your left. Keep the balls going around the circle.

Squeezing

1. Hold the ball between your hands and squeeze as hard as you can.
2. Knead the ball with your fingers.
3. Place the ball on one thigh. Place the palm of one hand on the top of the ball and slowly press down. Repeat with the back of your hand. Switch to the other hand and thigh.
4. Place the ball between your elbow and the side of your body. Squeeze the ball by pressing your arm and elbow toward your body. Switch to the other arm and side.
5. Place the ball on one shoulder and hold it in place with your hand. **Slowly** press your head against the ball and toward your hand. Switch to the other side.
6. Place the ball under your chin and **slowly** squeeze your chin toward your chest.



Repeat—Repeat each exercise five or six times.

Goodbye Skeeter Plants

Plant a garden that discourages mosquitoes and learn about the plants.

You will need:

- Large container (9"– 12" diameter, at least 3" deep)
- Potting soil
- Pea gravel if pots have no drainage holes
- 1 or 2 mosquito repelling plants (lemon balm, Citronella-scented geraniums, lemon grass, or other plants that repel mosquitoes)
- Trowel or large spoon
- 1 plastic lid from a 16-ounce container
- Rubber stamp letters (B, U, Z, O, F) and permanent ink pad **OR** black Sharpie marker
- 1 wooden skewer (8"–12" long)
- Hole punch
- Masking tape

Directions:

1. If your plant container doesn't have drainage holes, fill the bottom with 1" of pea gravel as shown in the left-hand photo on the following page.
2. Fill the container the rest of the way with potting soil.
3. Make holes with a spoon or trowel. Remove the starter plants from their containers and place them in the holes. The top of the soil around the plant should be level with the soil in your planter as shown in the center photo below.



Fabric-Wrapped Hangers

Turn plastic hangers into non-slip hangers while beautifying them with wrapped fabric.

You will need:

- Plastic hangers
- 100% cotton or linen fabric in colors and patterns of your choice
- Double-sided tape
- Clothespin
- Yard stick
- Scissors

Print a picture of some completed hangers to show crafters. Post a copy on your bulletin board to create interest in the activity.

Directions:

- 1.Cut fabric into 1/2"-wide strips. To cover one hanger, you will need enough strips to total about 3 yards. We used five 22"-long strips per hanger, but you can use fewer, longer strips.
- 2.Start wrapping at the tip of the hook. Attach the end of a fabric strip to the tip using a piece of double-sided tape as shown in the left-hand photo below.



3. Bring the fabric up over the tip and start wrapping to cover the entire hook as shown in the center photo above. Use more tape to secure the end of the strip.
4. Continue wrapping strips around the hanger using double-sided tape at the start and finish of each strip. Use a clothespin as shown on the previous page to keep the fabric in place when you need both hands for tearing off tape.
5. Secure the end of the last strip with double-sided tape and then cut off the excess fabric.



The Fourth of July – Independence Day

“As American as the Fourth of July”

Every country in the world has July 4 on its calendar—but only the United States of America has the Fourth of July! It’s the most popular and most widely celebrated of all the secular holidays. It’s the date written on the Declaration of Independence, when Americans proclaimed their freedom from Great Britain. It’s a patriotic, flag-flying, parade-watching, hotdog-eating, firecrackerexploding holiday that brings families, neighborhoods, cities—the whole country—together to celebrate freedom and summertime.



Discussion Starters

- What’s your favorite Fourth of July memory?
- What’s your favorite Fourth of July food treat?
- If you could add anything to the way most Americans celebrate the Fourth of July, what would it be?
- Have you ever celebrated the Fourth of July with other Americans in a foreign country? What did you do? Share your memories.
- Have you ever marched in a Fourth of July parade? When? Where?



The Beginning

The official, legal separation from England actually occurred on July 2, 1776, when the Second Continental Congress approved Virginia representative Richard Henry Lee’s resolution to declare the United States a free and independent nation. But the Declaration of Independence was not finalized and signed until two days later, on July 4, 1776, the date Americans have been celebrating ever since.

Beginning in 1777, the Continental Army garrison in Bristol, Rhode Island, fired a 13-gun salute, one shot for each of the colonies, at dawn and again at dusk. In

Philadelphia, home of the Continental Congress, a formal dinner was served, with speeches, parades, troop reviews and gun salutes, festive music, solemn prayers, and fireworks.

A year later, General George Washington celebrated with his men near New Brunswick, New Jersey, by giving each a double ration of rum. And John Adams and Benjamin Franklin, ambassadors to France, enjoyed a lively dinner with fellow Americans in Paris.

Massachusetts became the first state to officially recognize July 4 as a state holiday in 1781. But nobody called it Independence Day until 1791. And it took more than 100 years before the United States Congress made it a holiday—unpaid—for federal workers. In 1938, Congress voted to make the Fourth of July an official paid holiday for federal employees.

Celebrating with a Bang

Parades, picnics, barbecues, music, and most of all, fireworks, make the Fourth of July a special celebration across the country.

Since 1976, New York City has had the largest fireworks display.

Sponsored by Macy’s, it an explosive extravaganza with more than 22 tons of colorful pyrotechnics exploded over the East River. The Boston Pops

Orchestra’s yearly music and fireworks celebration over the Charles River Esplanade in Boston has been televised nationally since 1973. And, of course, fireworks on the Capitol lawn in Washington, D.C., typically attract more than a half a million people.

Detroit celebrates with its Canadian sister-city Windsor, Ontario, commemorating the Fourth of July and Canada Day (July 1) in a blowout called the International Freedom Festival. Fireworks ignited on barges floating on the Detroit River between the two cities create a fitting and spectacular end to the celebration.



4. Keep the labels that come with the plants so that you know the water and sun requirements. (Scented geranium, lemon grass, and lemon balm require full sun, which is six hours or more sunlight per day.

5. To make a cute little sign for your container garden, stamp a message with permanent ink on the blank side of a plastic lid. Tell those mosquitoes to “Buzz OFF!” As an alternative, use a permanent marker to write out your message.

6. Punch two holes through the plastic lid about 1 1/2” apart and weave the skewer through the holes. Use masking tape to secure the skewer to the back side of the plastic lid, as shown in the right-hand photo above.

7. Put your pot near a sunny window or on a porch in a sunny spot and water regularly. These plants will be good for one season in a pot and can be moved to a larger pot if necessary, or planted in a garden.



Note: If your planter does not have drainage holes, be careful not to overwater, as the roots will rot.

Did you know?

- In addition to keeping biting bugs at bay, lemon balm has a long history of medicinal use. Cultivated in the Mediterranean region for the past 2,000 years, this perennial herb was prized for its curative properties. During the Middle Ages, King Charles V of France was said to drink lemon balm tea daily for his health. And in the 17th century, the French Carmelite nuns made their famous Carmelite Water with lemon balm and other herbs. The lemon-balm infused “miracle water” was thought to improve memory and vision and reduce rheumatic pain, fever, melancholy, and congestion.

- Lemon grass, which contains citronella oil, has long been used in natural insect repellents. Native to Asia, the “mosquito grass” can grow up to six feet tall and is quite an attractive ornamental grass.

- Some common blooming annuals also can repel mosquitoes. Marigolds not only make your landscape more attractive but they also have a distinct smell that repels mosquitoes.

- Lavender, another blooming plant, repels flying insects like mosquitoes, moths, and flies. The flower’s perfume is well-known, and while it will scent the air, it’s most effective for controlling insects when you actually rub the plant on your skin to release the oils.

Lemon Balm



Lemon Grass



Henry David Thoreau Secret Quote

Follow the instructions to cross off words in the table.
What do the remaining words say?

1. Cross off all words that are vegetables.
2. Cross off all words that are animals.
3. Cross off all words that are kitchen utensils.
4. Cross off all seven-letter words.
5. Cross off all words that are colors.
6. Cross off all words that rhyme with *door*.



potato	tongs	courage	blue
the	elephant	chore	cauliflower
peeler	carrot	lizard	more
world	is	frog	brown
monkey	but	a	cat
snore	discard	canvas	purple
squash	onion	pink	pour
knife	score	to	our
floor	forgery	holiday	imagination
dog	red	yellow	celery



Famous July Birthdays

The following people were born in JULY. Can you find their **last names**? Search horizontally, vertically, diagonally, forward, and backward.

- A. Julius **CAESAR**
- B. Tom **CRUISE**
- C. Jim **DAVIS**
- D. Francis **DRAKE**
- E. Amelia **EARHART**
- F. Henry **FORD**
- G. John **GLENN**
- H. Ernest
HEMINGWAY
- I. Joe **JACKSON**
- J. Walter **PAYTON**
- K. Beatrix **POTTER**
- L. Natalie **WOOD**

L	K	W	V	E	M	T	V	Y	Y	U	O
G	F	N	K	U	R	J	R	A	Y	C	U
M	C	A	P	A	N	P	V	W	W	I	W
S	R	R	H	E	A	R	M	G	W	G	W
D	I	R	U	Y	A	B	J	N	I	C	P
W	A	V	T	I	R	N	P	I	Z	V	R
E	O	O	A	T	S	N	O	M	A	H	R
V	N	O	R	D	U	E	T	E	G	J	U
J	S	L	D	F	P	L	T	H	A	U	T
P	K	V	C	F	U	G	E	G	M	R	D
J	A	C	K	S	O	N	R	F	O	R	D
R	A	S	E	A	C	K	R	F	E	K	O

Bonus: Match the person to the correct clue.

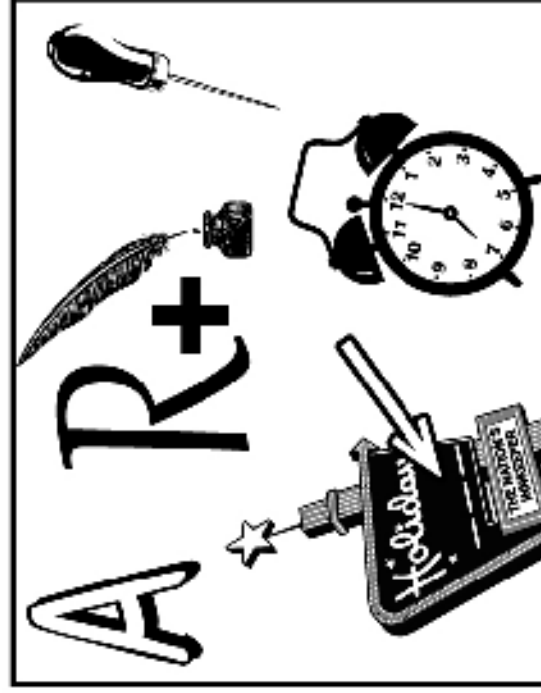
- | | |
|--------------------------|------------------------------|
| 1. Movie actor _____ | 7. Movie actress _____ |
| 2. Astronaut _____ | 8. Children's author _____ |
| 3. Football player _____ | 9. Car company founder _____ |
| 4. Explorer _____ | 10. Cartoonist _____ |
| 5. Novelist _____ | 11. Roman leader _____ |
| 6. Baseball player _____ | 12. Pilot _____ |

Concentration Puzzles

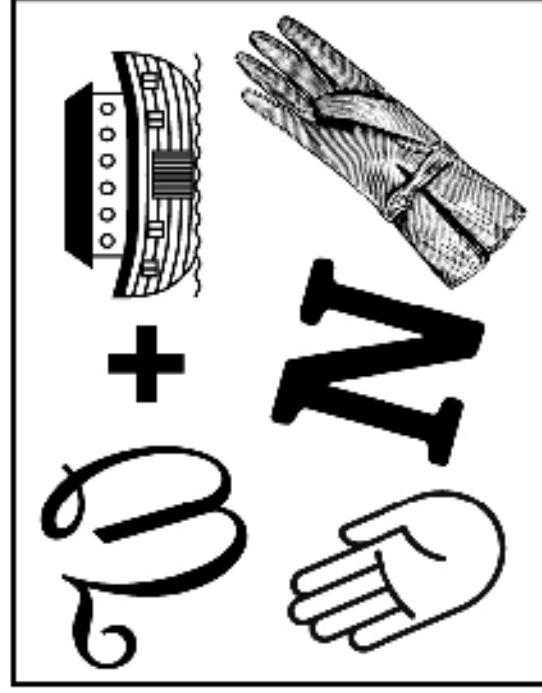
Use the visual clues in the puzzle boxes to figure out the phrases.



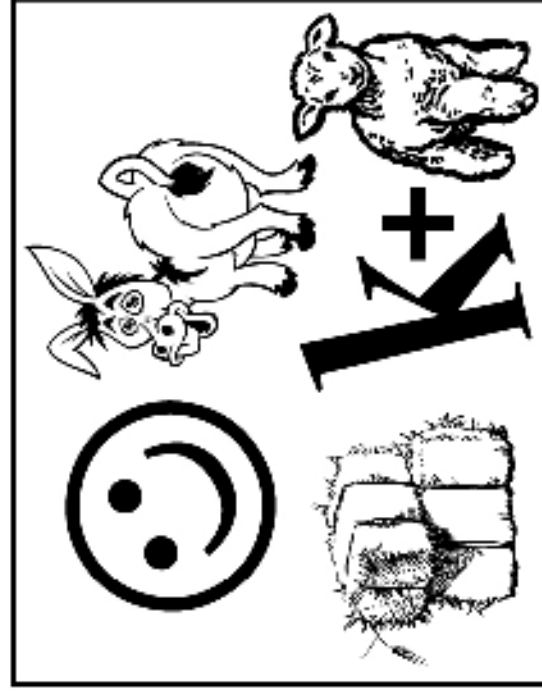
Puzzle #1



Puzzle #2



Puzzle #3

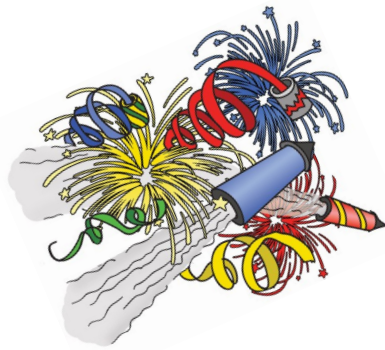


Puzzle #4

Cathy's Corner

Now that summer has officially arrived, along with the normal precautions we need to take to keep our skin safe, don't forget to beware of the mosquitos, remove any standing water. Plant one of the repellant plants listed in this edition.

Special events this month at your local senior center include free groceries, picnic and honoring our Veterans, all are invited



Secret Quote:

"The world is but a canvas to our imagination."
~ Henry David Thoreau

Cathy Barnes
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Brunswick Senior Center
12 East "A" Street
Brunswick, MD 21716
301-834-8115

Concentration Puzzles

(solutions)

Puzzle #1 Seize the moment

Puzzle #2 A wrinkle in time

Puzzle #3 Work hand in glove

Puzzle #4 Happy as a clam

**JOIN US FOR
EVENING PARTIES
TUESDAYS
5:00—8:00**

Bonus: Match the person to the correct clue.

1. Movie actor – B
2. Astronaut – G
3. Football player – J
4. Explorer – D
5. Novelist – H
6. Baseball player – I
7. Movie actress – L
8. Children's author – K
9. Car company founder – F
10. Cartoonist – C
11. Roman leader – A